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**Amendment to Claims**

Claims 1 through 22 (previously canceled)

23. (currently amended) A method for producing an entertaining or therapeutic affect in the mind of a user of an aromatherapeutic agent, comprising the steps of:  
disposing at least one said aromatherapeutic agent on a substrate, the substrate comprising a target and wherein the agent is disposed on or in the target, the aromatherapeutic agent being contained on the substrate in a condition wherein the agent does not substantially emit an aroma; and,

exerting an emotionally driven and forceful percussive action on the aromatherapeutic agent to cause release of an aroma from the agent, the percussive action comprising throwing of an article against that portion of the target on which or in which the agent is disposed, the aroma producing the entertaining or therapeutic affect.

Claims 24 through 27 (cancel)

28. (currently amended) The method of claim 25 44 wherein the user strikes the portion of the article having the agent disposed in or on the article with a second article.

29. (cancel)

30. (currently amended) The method of claim 23 44 wherein the agent is encapsulated into discrete quantities of said agent.

31. (currently amended) The method of claim 23 46 wherein the affect comprises a calming affect.

32. (cancel)

33. (currently amended) The method of claim 32 23 wherein an aromatherapeutic agent is disposed on or in the article that is to be thrown against the target.

34. (currently amended) The method of claim 32 23 wherein the target is a poster having an image formed thereon which in the mind of the user would produce a satisfying response in the event of the image being struck by the article under impetus provided by the user.

35. (previously submitted) The method of claim 34 wherein the at least one aromatherapeutic agent is disposed on the target in a surmounting relation to the image.

36. (previously presented) The method of claim 23 wherein at least portions of the at least one aromatherapeutic agent is encapsulated within microcapsules rupturable on subjection to the percussive action.

37. (previously presented) The method of claim 23 wherein at least one surface of the substrate has a coloration indicative of a mood intended to be evoked by an aroma emitted by the at least one agent.

38. (previously presented) The method of claim 37 wherein multiple surfaces of the substrate have different colorations each indicative of a mood, each surface differently colored having an agent associated therewith that releases an aroma evocative of the mood associated with the coloration.

**Claims 39 through 43 (cancel)**

44. (new) A method for producing an entertaining or therapeutic affect in the mind of a user of an aromatherapeutic agent, comprising the steps of:

disposing at least one said aromatherapeutic agent on a substrate, the substrate comprising an article wherein the agent is disposed in or on the article, the aromatherapeutic agent being contained on the substrate in a condition wherein the agent does not substantially emit an aroma; and,

exerting an emotionally driven and forceful percussive action on the aromatherapeutic agent to cause release of an aroma from the agent, the percussive action comprising throwing of the article by the user to cause release of the aroma, the aroma producing the entertaining or therapeutic affect.

45. (new) A method for producing an entertaining or therapeutic affect in the mind of a user of an aromatherapeutic agent, comprising the steps of:

disposing at least one said aromatherapeutic agent on a substrate, the substrate comprising a punching bag wherein the agent is disposed in or on the punching bag adapted to be struck by a user, the aromatherapeutic agent being contained on the substrate in a condition wherein the agent does not substantially emit an aroma; and,

exerting an emotionally driven and forceful percussive action on the aromatherapeutic agent to cause release of an aroma from the agent, the aroma producing the entertaining or therapeutic affect, the percussive action comprising forcefully striking the punching bag by the user through the agency of a fist, foot or other portion of the user's body ordinarily used to violently strike an animate or inanimate object.

46. (new) A method for producing an entertaining or therapeutic affect in the mind of a user of an aromatherapeutic agent, comprising the steps of:

disposing at least one said aromatherapeutic agent on a dashboard or other portion of a vehicle within reach of a user operating the vehicle or being carried by said vehicle, the aromatherapeutic agent being contained on the dashboard or other portion of said vehicle in a condition wherein the agent does not substantially emit an aroma; and,

exerting an emotionally driven and forceful percussive action on the aromatherapeutic agent to cause release of an aroma from the agent, the percussive action comprising forcefully striking the dashboard or other portion of said vehicle by the user through the agency of a fist, foot or other portion of the user's body ordinarily used to violently strike an animate or inanimate object, the aroma producing the entertaining or therapeutic affect and having the affect of reducing an emotional condition known as road rage.